

Vista Adult School



ADULT EDUCATION / CAREER TRAINING

510 Sunset Drive, Vista CA 92081 (760) 758-7122 Check out our website: WWW.VISTAADULTSCHOOL.ORG

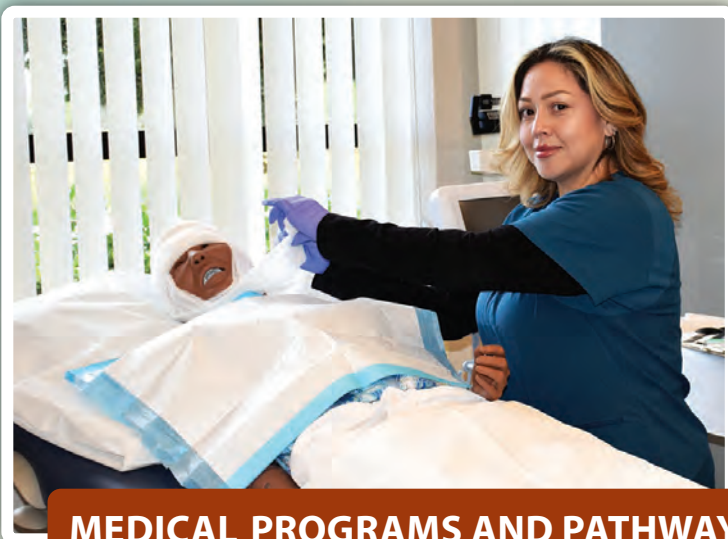
SCHEDULE OF CLASSES | FALL 2026

GO TO WWW.VISTAADULTSCHOOL.ORG ON THE INTERNET FOR CLASS INFORMATION, REGISTRATION, FORMS AND MORE!

Check out the New Classes and Pathways!

PROFESSIONAL BUSINESS PATHWAYS

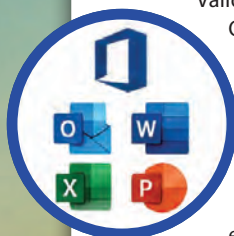
See pages 2 - 3



MEDICAL PROGRAMS AND PATHWAYS

See pages 4 - 5

MICROSOFT OFFICE SPECIALIST



Validate your skills with the globally recognized Microsoft Office Specialist (MOS) certification. This program prepares students to demonstrate proficiency in Microsoft Word, Excel, PowerPoint, Outlook, and other Microsoft Office applications used in today's workplaces. Earning a MOS certification shows employers that you have the technical skills needed to be productive from day one and can increase your competitiveness for administrative, business, education, healthcare, and technology careers.

ADOBE CERTIFIED PROFESSIONAL

Turn your creativity into a career with the Adobe Certified Professional certification program. Students gain hands-on experience using industry-standard Adobe Creative Cloud applications such as Photoshop, Illustrator, InDesign, Premiere Pro, and Express while developing skills in graphic design, digital media, photography, video editing, and visual communication. Earning an Adobe Certified Professional credential validates creative and technical abilities recognized by employers worldwide.



ESL / INGLÉS

See page 7

RESIDENTIAL CUSTOMER

*****ECRWSSDDM*****



Vista Adult School
1234 Arcadia Ave. Vista, CA 92084
Vista Unified School District
510 Sunset Drive Vista, CA 92081

Non-Profit
Organization
U.S. POSTAGE
PAID
Permit No. 83
Oceanside, CA

VISTA ADULT
SCHOOL IS AN
APPROVED SITE!

PEARSON

VUE-Authorized
Test Center

Western Association of Schools and
Colleges Accredited Programs.



VISTA ADULT SCHOOL IS A
PROUD MEMBER OF THE
EDUCATION TO CAREER NETWORK
OF NORTH SAN DIEGO COUNTY



To learn more about the restructured adult education
system visit EducationtoCareer.net

CAREER EDUCATION

BUSINESS OCCUPATIONS CERTIFICATED PROGRAMS

Professional Business Pathways - Certification Requirements:

Microsoft Office Specialist

Bookkeeping /
Accounting Technician

Human Resources
Technician

Entrepreneurship/
Small Business

*Contact the Front Office if you have questions about your previous business classes taken at VAS for these pathways.

MICROSOFT OFFICE SPECIALIST PATHWAY

Build the professional and technology skills needed to become the backbone of any successful organization. The Administrative Assistant Pathway prepares students for careers in today's modern office by developing the organizational, communication, and digital skills employers value most.

Students receive hands-on training in office procedures, business communication, customer service, scheduling, records management, document preparation, data entry, and office technology. Coursework includes Microsoft Office applications, Word, Excel, PowerPoint and Outlook.

Graduates are equipped with the skills to support business operations in corporate offices, healthcare facilities, schools, government agencies, and nonprofit organizations.



Career Opportunities Include:

- Administrative Assistant
- Office Assistant
- Executive Assistant
- Receptionist
- Office Coordinator
- Customer Service Representative
- Administrative Support Specialist

Administrative professionals are in demand throughout North County San Diego across nearly every industry, including healthcare, education, government, manufacturing, finance, and professional services. Strong administrative skills provide a versatile career foundation with opportunities for advancement into office management, executive support, project coordination, and business operations. Beyond the workplace, the organizational, communication, time management, and technology skills gained in this pathway can also help individuals manage their personal lives more effectively—from organizing schedules and finances to confidently handling everyday tasks and responsibilities.

Students will receive Microsoft Certificates throughout the training upon successful completion.
Coming in the Winter.



BUSINESS PATHWAY

Students entering a Business Career Pathway should have basic computer skills to ensure success. If you are new to computers or would like to strengthen your technology skills, we recommend enrolling in **Keyboarding** and/or **Beginning Microsoft Office** before starting your pathway.

- These foundation courses will help you:**
- Build confidence using a computer.
 - Improve keyboarding speed and accuracy.
 - Learn essential Microsoft Office applications used in the workplace.
 - Develop the digital skills needed to succeed in your Business Pathway and today's professional work environment.

A strong technology foundation will prepare you for success in your classes and future career.

BOOKKEEPING/ACCOUNTING TECHNICIAN PATHWAY

Gain the practical accounting and bookkeeping skills employers need to keep businesses running successfully. This pathway prepares students for entry-level positions in accounting, bookkeeping, payroll, and financial office support through hands-on training with industry-standard software and real-world business scenarios.

Students develop skills in recording financial transactions, managing accounts payable and receivable, payroll processing, bank reconciliations, budgeting, financial reporting, and financial analysis. As part of the pathway, students prepare for the **Intuit QuickBooks Certified User** industry certification, demonstrating proficiency in one of the nation's most widely used accounting software programs. Earning this certification validates the skills employers seek and gives graduates a competitive advantage in today's job market.



Career Opportunities Include:

- Bookkeeper
- Accounting Technician
- Accounts Payable/Receivable Specialist
- Payroll Clerk
- Accounting Assistant
- Financial Office Assistant

Why Choose This Pathway?
Accounting and bookkeeping professionals continue to be in demand throughout North County San Diego, supporting industries including healthcare, manufacturing, education, technology, retail, nonprofit organizations, and thousands of small businesses. Employers consistently seek professionals with experience in QuickBooks, payroll, financial reporting, and business operations. The skills learned in this pathway provide a strong foundation for careers in accounting while also helping individuals confidently manage personal finances, budgeting, and financial records.

Industry Certification: Intuit QuickBooks Certified User
This nationally recognized certification demonstrates proficiency in QuickBooks, including setting up company files, recording transactions, managing customers and vendors, processing payroll, reconciling accounts, and generating financial reports. Earning the Intuit QuickBooks Certified User credential verifies your accounting.

36 weeks/Blended Path Tuition \$500 or \$167 for first 3 months
050003 T - in class 8/25-6/17 deRochemont Room 203

***Refer to our school calendar for holidays and school closures.**

WORKSHOPS

Preparing for Success as an Adult Learner

The workshop is designed to help working/busy adults successfully transition back to school without sacrificing work-life balance. Participants will acquire strategies to manage a busy schedule, reduce burnout, and build a strong foundation for academic achievement. Topics include:

- **Organization:** Master student logistics by mapping out sustainable schedules, gathering materials, and setting up a dedicated home study space.
- **Technology:** Build confidence using online tools, video conferencing apps, and digital learning platforms to stay connected with peers and instructors.
- **Time Management:** Establish realistic weekly routines and prioritization techniques to effectively balance career, family, and academics.

042011 Th 6 - 8 pm 10/8 Agüero Room 502

Digital Literacy for the Workplace: Essential Tech Skills for Career Success

Feeling left behind by modern workplace technology? This supportive, beginner-friendly workshop bridges the digital gap for adult learners. You will gain hands-on experience with the essential tools employers expect today, including professional email etiquette, file management (Google Drive), and basic spreadsheets. Whether you need to upskill for your current job or start a brand new career, this course will build your confidence with tech from the ground up.

042061 W 6 - 8 pm 10/7 Dufresne Room 502

WORKSHOPS IN SPANISH

Inteligencia Emocional

Este taller capacita a los participantes con estrategias prácticas para dominar la inteligencia emocional (EQ) y manejarse en las complejas dinámicas del lugar de trabajo. A través de marcos de trabajo prácticos, los asistentes dominarán el manejo del estrés y el reconocimiento de factores desencadenantes, al mismo tiempo que desarrollarán la empatía necesaria para desactivar conflictos laborales y comunicarse con un alto impacto.

042063 M 6 - 8 pm 10/19 Oxley Room 502



CAREER EDUCATION

ENTREPRENEURSHIP – SMALL BUSINESS PATHWAY

Turn Your Business Idea into Reality: Have a business idea but aren't sure where to begin? The Entrepreneurship Pathway is designed for aspiring business owners who want to build a strong foundation—and the confidence to take action. Whether you dream of opening a retail store, online business, food service, consulting company, or home-based business, this pathway will guide you through the essential steps of turning an idea into a real business.

Students will learn how to:

- Evaluate and refine a business idea
- Identify a target market and validate customer demand
- Create a practical business plan
- Develop a startup budget and pricing strategy
- Understand licensing, permits, and legal requirements
- Build a marketing and social media strategy
- Explore funding options and financial management
- Build an entrepreneurial mindset by overcoming fear, uncertainty, and perfectionism
- Gain confidence through hands-on planning, problem-solving, and taking meaningful action toward launching a business.



Why Entrepreneurship?

Small businesses are the driving force of our local economy. In San Diego County, nearly 98% of all businesses are classified as small businesses, creating countless opportunities for entrepreneurs to succeed. The vast majority of these businesses employ fewer than 20 people, making small business ownership one of the region's strongest economic engines.

Starting a business can feel overwhelming, but every successful entrepreneur began with a single step. This pathway is designed to help students move beyond simply having an idea by developing the confidence, resilience, and practical skills needed to take action. Through real-world planning, guided exercises, and hands-on learning, students will discover that confidence isn't something you wait for—it's something you build by doing.

Whether you're ready to launch your business today or are exploring entrepreneurship as a future career, you'll leave with a roadmap, a plan, and the confidence to take your next step toward business ownership.

24 weeks/Blended Pathway Fee: \$200 or \$100 for first two months
E-Book included in pathway fee.
050002 M - in class 5:30 - 7:30 pm 8/24-3/8 West Room 403
**Refer to our school calendar for holidays and school closures.*

HUMAN RESOURCE TECHNICIAN PATHWAY

Launch your career in one of the fastest-growing and most essential business professions. The Human Resource Technician Pathway prepares students with the knowledge and practical skills needed to support an organization's most valuable asset—its people.

Students gain hands-on experience in the core functions of Human Resources, including recruitment and hiring, onboarding, employee relations, payroll fundamentals, benefits administration, employment law, workplace communication, performance management, and personnel recordkeeping. Through real-world scenarios and industry-focused projects, students develop the professional skills employers seek in today's workplace.

Graduates are prepared for entry-level positions in Human Resources, administrative support, recruiting, and personnel management across a wide range of industries.

Career Opportunities Include:

- Human Resource Technician
- Human Resource Assistant
- Recruiting Coordinator
- Talent Acquisition Assistant
- Payroll and Benefits Assistant
- Personnel Clerk
- Administrative Assistant



Why Choose This Pathway?

Human Resources professionals are needed in virtually every industry throughout North County San Diego, including healthcare, education, manufacturing, hospitality, government, and technology. As local businesses continue to grow and compete for skilled employees, organizations rely on HR professionals to recruit, develop, and retain talented staff while ensuring compliance with employment laws and creating positive workplace cultures.

Ideal for individuals who enjoy working with people, are organized, professional, and want to build a rewarding career helping organizations develop successful and engaged employees.

36 weeks/Blended Path Tuition \$550 or \$183 for first 3 months
050004 M - in class 8/24-6/17
**Refer to our school calendar for holidays and school closures.*

BUSINESS EDUCATION COURSES

Keyboarding

Registration Fee: \$50. (6 weeks class)
If you want to master the keyboard, but have not done so yet, this is the course for you. Keyboarding skills are a must have for personal use and career development; or just for fun. This course focuses on helping students gain data entry skills, accuracy, speed, and correct use of keyboarding techniques.
060937 M/W 6 - 9 pm
8/24-9/30 Schulthess Room 202



Microsoft Office Beginning

Registration Fee: \$50 (**Book included in class fee**). (6 weeks class)
This course is a basic introduction to the applications of Word, Excel, and PowerPoint in a Microsoft environment. You will learn the basics of creating a Word document, an introduction to the power of Excel spreadsheets, and PowerPoint for creating presentations.
060939 M/W 6 - 9 pm 10/5-11/9 Schulthess Room 202

ADOBE CERTIFIED PROFESSIONAL

Turn your creativity into a career with the Adobe Certified Professional certification program. Students gain hands-on experience using industry-standard Adobe Creative Cloud applications such as Photoshop, Illustrator, InDesign, Premiere Pro, and Express while developing skills in graphic design, digital media, photography, video editing, and visual communication. Earning an Adobe Certified Professional credential validates creative and technical abilities recognized by employers worldwide.



Adobe Photoshop Registration Fee: \$125

Develop the skills to create professional-quality graphics, edit digital images, and design visual content using Adobe Photoshop, the industry-standard software for photographers, designers, marketers, and creative professionals. Students will learn essential tools and techniques including photo retouching, image enhancement, layers, masks, typography, color correction, digital illustration, and graphic design fundamentals through hands-on projects.

Upon successful completion of the course and passing the certification exam, students will earn the **Adobe Certified Professional – Adobe Photoshop** industry certification, validating their skills and enhancing their qualifications for careers in graphic design, marketing, photography, digital media, and other creative industries.

062225 Online 8/24-11/13 West Online

INFORMATION TECHNOLOGY

ADVANCE YOUR CAREER AS AN IT PROFESSIONAL WITH COMPTIA CERTIFICATION!

Vista Adult School is a CompTIA Approved Training Site.

Interested in being trained in one of San Diego's sought after technology skills for employment?
Contact our office regarding future class information!

CompTIA Security+ Certification Preparation

Blended Online Class
Registration Fee: \$250 (**Online Book included in Registration Fee. Does not include Certification Testing Fee.**)

Launch your career in cybersecurity with our CompTIA Security+ Certification Preparation course. Designed for individuals pursuing entry-level cybersecurity careers or looking to advance their IT skills, this hands-on program prepares students for the industry-recognized CompTIA Security+ certification exam. Students will learn how to identify and respond to security threats, protect networks and devices, manage risk, implement secure cloud and network technologies, and apply cybersecurity best practices in real-world environments. Instruction includes interactive labs, practical exercises, and exam-focused preparation to build both technical knowledge and confidence.

Topics include:

- Cybersecurity fundamentals
- Threats, vulnerabilities, and risk management
- Network and cloud security
- Identity and access management
- Security operations and incident response
- Cryptography and data protection
- Governance, compliance, and security best practices
- CompTIA Security+ exam preparation

Career Opportunities: Security Support Specialist, Cybersecurity Technician, Security Analyst, Systems Administrator, Network Administrator, IT Support Specialist, and other entry-level cybersecurity positions.

Prerequisites: Basic computer skills are recommended. Completion of CompTIA A+ and Network+ or equivalent knowledge is strongly encouraged but not required.
060717 M - in class 5:30 - 8:30 pm 8/24-11/13 Lowe Room 404

MEDICAL OCCUPATIONS

MEDICAL PROGRAMS AND PATHWAYS



Vista Adult School is accredited by the Western Association of Schools and Colleges.
Our programs will provide you with the training and certificates that will prepare you for state exams, licensing and employment!

Phlebotomy Technician	Medical Assistant	Medical Administrative	Medical Billing and Coding	Pharmacy Technician
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ELEVATE YOUR FUTURE: PROFESSIONAL HEALTHCARE PATHWAYS

In North San Diego County, healthcare is more than just an industry—it’s the backbone of our community. Whether you are looking to pivot careers, re-enter the workforce, or specialize your skillset, these pathways offer a sophisticated blend of stability, purpose, and professional growth.

Medical Program Prerequisites

To enroll in a Medical Career Pathway, students must:

- Attend a Medical Program Orientation
- Successfully enroll in Healthcare Essentials as the first course in the pathway.
- Provide proof of high school completion (High School Diploma or High School Equivalency).
- Provide a valid Social Security Card and matching government-issued photo ID.

Start your healthcare career with confidence by completing these simple enrollment steps before beginning your pathway.



Drops and Refund Policy

- 100% refund before the first class
- 75% refund (minus books) if dropped within the first 4 sessions
- No refunds after the 4th session

MEDICAL ASSISTANT & CLINICAL EXCELLENCE

The Pathway Experience: Transition into a role where your presence truly matters. This program is designed for the student who balances a compassionate heart with a sharp, tactical mind. As a Medical Assistant, you are the primary point of connection between the patient and the provider. You aren't just performing tasks; you are managing the clinical flow, easing patient anxieties, and ensuring the integrity of the diagnostic process.

In this pathway, you will master the delicate balance of advanced clinical procedures and the nuanced communication required to manage modern medical practice. Learning in a simulated lab. It is a career for those who thrive in dynamic environments and take pride in being the reliable "right hand" of a medical team.

Areas of focus are:

- Anatomy & Physiology
- Medical Front Office
- Medical Assistant Clinical

- Medical Terminology
- Electronic Health Records
- Externship

Professional Growth: This is a powerful springboard into nursing, clinical management, or specialized technical roles in North County’s thriving biotech and medical research sectors.

48 weeks depending on internship - Blended

Path Tuition \$2,200 or \$550/first 4 months

Includes Medical Front Office

Includes Books & BLS certification

Includes internship at the end of the pathway

M - in class 8/24-6/16 8 am - 12 pm
W - online

**Refer to our school calendar for holidays and school closures.*



Brittany Muncy has been an instructor at Vista Adult School for the past 3 years, bringing two decades of diverse healthcare industry experience into the classroom. With a robust 20-year background in the medical field, Ms. Muncy has held key clinical and administrative roles, including Certified Nurse Assistant, Patient Service Representative, Certified Professional Coder, and specialist positions in medical records and hospital purchasing. This comprehensive, first-hand knowledge of healthcare operations allows Ms. Muncy to provide students with an exceptional, well-rounded education designed to bridge the gap between the classroom and the medical workforce.



Carol Parr-Garcia, RN, BSN, is a Medical Assistant Instructor with extensive experience in healthcare education, curriculum development, and simulation-based learning. She specializes in preparing Medical Assistant students for clinical practice through innovative teaching strategies that integrate technology, critical thinking, and hands-on skills training.

As an educator, Carol has developed patient-care simulation scenarios using the Body Interact platform to help students strengthen their clinical decision-making, patient assessment, documentation, and

communication skills in realistic healthcare settings. Her work focuses on bridging classroom instruction with real-world clinical application, ensuring students are well-prepared for externships and careers in ambulatory care.

WHICH PATH IS RIGHT FOR YOU?

Feature	Medical Assistant	Medical Billing & Coding
Primary Focus	Patient Care & Procedures	Data, Coding & Finance
Work Environment	Exam Rooms & Labs	Medical Offices & Remote
Patient Contact	High (Face-to-face)	Low (Phone/Digital)
Certification	CCMA / CMA	CBCS / CPC

MEDICAL ADMINISTRATIVE

The Business Side of Healthcare Starts Here

Become the professional who keeps medical offices running efficiently. The Medical Administrative pathway prepares students for rewarding careers managing the daily operations of healthcare facilities through patient scheduling, medical records, insurance verification, electronic health records (EHR), customer service, and medical office procedures.

Students develop the administrative and communication skills healthcare employers are looking for while gaining hands-on experience with the systems used in today's medical offices.

Career Opportunities Include:

- Medical Receptionist
- Medical Administrative Assistant
- Medical Office Specialist
- Patient Services Representative
- Front Office Coordinator
- Medical Records Clerk



24 weeks depending on internship - Blended

Path Tuition \$1,500 or \$500/first 3 months

Includes Books & BLS certification

Includes Anatomy & Physiology and Medical Terminology

M - in class 8/24-3/12 Muncy Room 105

**Refer to our school calendar for holidays and school closures.*

MEDICAL BILLING AND CODING

The Pathway Experience: For the analytical mind that finds satisfaction in precision and logic, this pathway offers a sophisticated career behind the scenes of the medical world. Medical Billing and Coding is far more than data entry; it is the strategic translation of medical science into the universal codes that drive the global healthcare economy.

You will become a master of the ICD-10-CM and CPT systems, acting as the essential bridge between clinical care and financial reimbursement. This role requires a high level of professional integrity and an eye for detail, as you navigate the complex intersection of healthcare law, insurance policy, and provider documentation. It offers a career of quiet influence, where your accuracy ensures that medical practices remain solvent and patients are billed fairly.

Areas of focus are:

- Anatomy & Physiology
- Patient Service Rep/Front Office
- Medical Billing

- Medical Terminology
- Electronic Health Records
- Medical Coding

Length of pathway is 48 weeks.

Lifestyle Advantage: This pathway is uniquely suited for those seeking a professional office environment providing a work-life balance that is highly coveted in the San Diego market.

48 weeks depending on internship - Blended

Path Tuition \$2,200 or \$550/first 4 months

Includes Medical Front Office

Includes Books & BLS certification

Includes internship at the end of the pathway

T - in class 8/25-6/17 6 - 8 pm Muncy Room 105

**Refer to our school calendar for holidays and school closures.*

MEDICAL OCCUPATIONS

Attend a Medical Orientation and start your path to a new Medical Career!

FALL 2026 MEDICAL ORIENTATIONS!

Ready to start your new Medical Career? Get started by attending an orientation to get all the information you need on prerequisites, book costs and schedules. **To be eligible to participate in any of Vista Adult School's Medical Programs and courses, you must first attend an orientation!** Orientation registration opens on August 13, 2026 at 12 pm via a special email address: www.vistaadultschool@vistausd.org. This site will not open until August 13th at 12 noon.

Healthcare Essentials Online Class

Registration Fee: \$60 (Book included in class fee)

This introductory course is a prerequisite for most of the medical programs at Vista Adult School, including Medical Assistant, Phlebotomy Technician, Medical Insurance Billing Certificated Programs, and Medical Front Office. The course consists of modules in medical terminology, computer literacy, health and safety, body structures and function, medical math, ethical and legal responsibilities, and success strategies.

040198	Online	8/24-11/13	Medina	Online
040199	Online	8/24-11/13	Muncy	Online

PHLEBOTOMY TECHNICIAN

Become the Link Between Patients and Laboratory Testing

Phlebotomy Technicians play a vital role in healthcare by collecting blood specimens used to diagnose and monitor medical conditions. This hands-on program provides training in blood collection techniques, infection control, patient interaction, specimen handling, and laboratory safety.

Program Highlights

- Hands-on laboratory training
- National certification preparation
- Experienced healthcare instructors
- Clinical experience opportunities
- Entry-level pathway into healthcare

Career Opportunities Include:

- Phlebotomy Technician
- Laboratory Assistant
- Blood Donor Center Technician
- Medical Laboratory Support Staff

JOB OUTLOOK

Healthcare continues to be one of the fastest-growing industries in San Diego County. As healthcare providers expand services and diagnostic testing remains essential to patient care, demand for trained phlebotomy professionals remains strong. Employment opportunities for Certified Phlebotomy Technicians are projected to continue growing throughout California.

Registration Fee: \$1,200 Internship follows the class
Includes Books & BLS Certification
Includes Background Check
Includes Anatomy & Physiology and Medical Terminology

8/24-11/10	M/T	5 - 9 pm
	W	5 - 8 pm



Karen Medina has dedicated the past 14 years to the field of phlebotomy, beginning her career at the San Diego Blood Bank, where she worked for four years before joining Tri-City Primary Care. For the past 10 years, she has served as Lead Phlebotomist, bringing expertise, leadership, and compassion to patient care.

In addition to her clinical work, Karen has proudly taught phlebotomy at Vista Adult School for the past five years. She is passionate about both practicing and teaching phlebotomy, finding great fulfillment in helping healthcare providers diagnose and treat patients while ensuring every patient has the best experience possible.

Through her dedication, knowledge, and enthusiasm, she strives to prepare the next generation of phlebotomists for successful and rewarding careers.



Hi my name is Manuel Martinez, and I have been a phlebotomist for eight years and a phlebotomy teacher for the last three years. Throughout my career, I have been passionate about the lab, patient care and helping others succeed in healthcare.

I am proud to work with a reputable laboratory in San Diego, where I continue to expand my experience and contribute to patient healthcare services. My journey began at Vista Adult School, where I earned my phlebotomy certification and

developed the start of my healthcare career. As a graduate of Vista Adult School, it is meaningful to give back to the program that helped me launch my career. I enjoy sharing my experience with students and helping them build their skills, confidence and professionalism to be successful.

I am committed to supporting the next generation of healthcare professionals & take pride in making a positive impact on students.



PHARMACY TECHNICIAN

Pharmacy Technicians are in high demand in San Diego County!

Vista Adult School's Pharmacy Technician program provides students with the education and training to work as a skilled licensed Pharmacy Technician in just 18 weeks.

After completing our California State Board of Pharmacy-approved program, which exceeds the state's 240-hour training requirement to offer additional valuable training, students can apply of their California state license and begin working in this exciting and in-demand field.

Pharmacy Technician Blended Online Class

Registration Fee: \$500 (Book included) Includes BLS Certification

Our Comprehensive Pharmacy Technician Program is designed to prepare students for a rewarding career in both retail and hospital pharmacies. This 18-week course provides a robust foundation in pharmacy principles and practices, preparing students to apply for their license, employment in a variety of pharmacy settings.

Course Overview:

Retail and Hospital Pharmacy Readiness:

Acquire essential skills for working in both retail and hospital pharmacy settings, from the history of pharmacy to advanced distribution systems. In addition, learn advanced topics such as hospital distribution, inpatient dispensing systems, and medication distribution, essential for hospital settings.

Practical Compounding:

Learn extemporaneous and sterile I.V. compounding through practical, firsthand training.

Pharmaceutical Management:

Overview of inventory control, fiscal management, and insurance billing.

Comprehensive Healthcare Knowledge:

Explore microbiology, anatomy, physiology, and pharmaceutical math.

Certification Preparation: The course meets the requirements for obtaining a California Pharmacy Technician license and includes preparation for the PTCB national exam, enhancing your qualifications and employability. This program is ideal for individuals aiming to start their career as a Pharmacy Technician. Join us and take the first step towards a dynamic and fulfilling career in pharmacy.

041303 M - in Class 8/24-1/22 Alqazzaz Room 102



Malak Alqazzaz is happy to join Vista Adult School's teaching team. With a Masters in Laser Engineering, 3 years teaching Pharmacy Technician courses at a local private college and 6 years' experience as a retail Pharmacy Technician, she is excited to share her passion, knowledge and expertise with our students.



Mission Statement

Vista Adult School prepares all students with the knowledge and skills necessary to achieve their career, academic and personal goals in a high quality and accessible learning environment.

Student Learning Outcomes (SLO's):



Our students will:

- V** Develop a **VISION** for their future
 - Identify and achieve short & long term goals
 - Demonstrate perseverance in their pursuit of education
 - Pursue lifelong learning experiences
- A** **ACHIEVE** academic and personal growth
 - Show a measurable increase in knowledge and skills
 - Increase 21st century skills (critical thinking, communication, collaboration, innovation & technology)
 - Gain self-confidence and awareness of their abilities
- S** Experience **SUCCESS** in all post-secondary transitions
 - Career obtainment and growth
 - College admission and completion
 - Enhancement of their personal life and involvement in the community

CAREER EDUCATION

CULINARY PATHWAY

Certification Requirements:

- Introduction to Culinary Arts
- Pastry and Baking
- Advanced Culinary Arts

Unlock your culinary potential with our Adult School Culinary Program!

Designed for future culinary professionals. This program is intended for individuals who are currently employed in the culinary industry or are seeking a career in food service. It provides career-focused training and hands-on experience to prepare students for employment and advancement in the culinary field.

Why Choose Our Culinary Program?

- Comprehensive Training: Learn essential culinary skills from our industry professional.
- Hands-on Experience: Practice cooking techniques in state-of-the-art kitchen.
- Career-Ready: Our program prepares you to enter the workforce with confidence.
- Internship Opportunities: Once you complete the program, you'll have access to internships at top local restaurants and culinary establishments, giving you real-world experience and connections in the industry.

Who Is This Program For?

- Aspiring chefs
- Career changers

ORIENTATION WILL BE HELD ON TUESDAY, AUGUST 18 AT 10 AM. YOU MUST ATTEND THE ORIENTATION TO BE CONSIDERED FOR THIS CLASS.

060310 Culinary Arts Orientation Class

Enroll now and become part of the next generation of culinary professionals. Classes will be held Monday, Tuesday & Wednesday mornings, 8:00 am - 12:00 pm.

36 weeks Pathway Fee: \$2,100 or \$525 for the first 4 months
Includes Food Handlers Card
Includes Books
Includes Chef Coats.

8/24-6/16 *Refer to our school calendar for holidays and school closures.



My name is **Andres Rizo**, and I hold a Bachelor's degree in Biology from CSUM, as well as an honors diploma from the Institute of Culinary Education in Pasadena. I bring five years of experience as a chef and two years of experience in owning and operating a catering business. I am enthusiastic about teaching this beautiful craft to students and helping them prepare for successful careers in the culinary industry.



FUN COOKING CLASSES

In these classes our experienced Chef-Instructor will guide you through step-by-step techniques and skills to create these fun and wonderful class! You will leave with new skills, delicious recipes and the confidence to recreate these dishes at home.



Knife Skills 101 Registration Fee: \$75

Confidence in the kitchen starts with your knife. In this hands-on session, you'll learn to hold, sharpen, and move a blade like a pro — then put those skills straight to work dicing fresh pico de gallo and hand-cutting crispy French fries. By the end of class, you'll chop faster, safer, and with way more confidence than when you walked in.

Menu:

- Pico de Gallo
- Hand-Cut French Fries
- Knife Cuts & Practice Vegetables

Skills:

- Knife safety
- Essential knife cuts
- Sharpening and maintenance.
- Proper grip
- Choosing the right knife

Dates: 770086 09/10/26

Time: 5:30 - 8:30 pm

Dates: 770087 11/10/26

Time: 5:30 - 8:30 pm



Taco Fiesta Registration Fee: \$75

There's nothing like the smell of fresh tortillas hitting the griddle. In this class, you'll build a full taco spread from scratch — hand-pressed corn tortillas, bright salsas, creamy guacamole, and your choice of perfectly cooked protein. It's festive, hands-on, and guaranteed to send you home with leftovers (if there are any left).

Menu:

- Fresh Corn Tortillas
- Roasted Tomatillo Salsa
- Grilled Lime Shrimp
- Pico de Gallo
- Guacamole

Dates: 770031 9/24/26

Time: 5:30 - 8:30 pm

Thai Takeout at Home Registration Fee: \$75

Skip the delivery app — learn to make it better yourself. This class brings the sizzle, spice, and aroma of your favorite Thai restaurant right into the kitchen. You'll master the art of stir-frying over high heat, balance sweet-salty-sour-spicy sauces like a pro, and prep silky rice noodles for two crowd-pleasing dishes. Come hungry — this one's a feast for all the senses.

Menu:

- Shrimp Pad Thai
- Vegetarian Drunken Noodles (Pad Kee Mao)

Skills:

- Stir frying
- Rice noodle preparation
- Sauce balancing
- Mise en place

Dates: 777029 10/8/26

Time: 5:30 - 9:00 pm



Harvest Soups & Stews Registration Fee: \$75

Warm bowls for cooler days — the ultimate fall comfort food class. As the weather cools down, nothing beats a steaming bowl of homemade soup. Students will learn to build deep, layered flavor from scratch — starting with a proper stock, then moving into a creamy roasted squash soup and a hearty beef stew perfect for chilly evenings.

Menu:

- Roasted Butternut Squash Soup
- Crusty Bread for Dipping
- Classic Beef & Vegetable Stew

Skills:

- Building stocks from scratch
- Seasoning and flavor layering
- Roasting for flavor development
- Proper searing and braising techniques

Dates: 777032 10/29/26

Time: 5:00 - 9:00 pm

Friendsgiving Sides Masterclass Registration Fee: \$75

Show up to your next gathering with the dishes everyone fights over. Skip the stress of holiday cooking and master the sides that steal the show. This class covers crowd-favorite Thanksgiving dishes with techniques you can use well beyond the holiday season.

Menu:

- Garlic Herb Mashed Potatoes
- Cornbread Stuffing
- Green Bean Almondine
- Homemade Cranberry Sauce

Skills:

- Timing and multitasking multiple dishes
- Proper mashing and seasoning techniques
- Balancing sweet, savory, and acidic flavors
- Make-ahead and reheating strategies

Dates: 777030 11/5/26

Time: 5:00 - 9:00 pm

COMMUNITY EDUCATION

Yoga

Join us on a wellness journey with our yoga course. Explore the benefits of Hatha yoga, through essential stretches and poses that make up the foundation of yoga. Each 60-minute class ends in a restorative meditation. Whether you're a seasoned yogi or a beginner this class is for adults over 18. Come and embrace the power of yoga. Bring your mat and water to class.

With over two decades of personal yoga practice, **Jeri LaMar** embraced her passion by becoming a certified yoga instructor in 2017. Her journey led her to Kauai, Hawaii, where she completed a 500-hour yoga teaching program in 2019. Dedicated to fostering well-being, Jeri continues to share the transformative benefits of yoga with others.

Returning in the Winter



American Red Cross First Aid/CPR Certification

Registration Fee: \$50

Be the one who knows what to do when every second counts! This course provides participants with the knowledge and hands-on skills needed to respond to emergencies and potentially save lives. Students will learn how to recognize and care for a variety of first aid situations, including sudden illnesses and injuries, as well as how to perform CPR and use an automated external defibrillator (AED). Upon successful completion, participants will earn an official American Red Cross certification card, valid for two years. Taught by an American Red Cross certified instructor.

770653	Th	5 - 9 pm	9/17	Medina	MPR
770654	Sat	8:30 am - 12:30 pm	10/3	Muncy	MPR

ENGLISH AS A SECOND LANGUAGE



ENGLISH AS A SECOND LANGUAGE

The ESL program provides English learners with listening, speaking, reading, writing, and critical thinking skills. The program offers ESL levels, ranging from basic literacy to advanced English language development. **All levels are available during the day and evening hours. (Monday-Thursday 9 am - 12 pm; 6 - 9 pm).**

REGISTRATION PROCESS:

- Attend an orientation.
- Arrive early as seating is limited.

ESL ORIENTATIONS	
Day Orientations: 9 am August 19 & 20 October 7 & 8	Night Orientations: 6 pm August 17 & 18 October 5 & 6

CITIZENSHIP

Vista Adult School offers a **Citizenship** class. The course prepares students to pass all USCIS approved examinations and USCIS oral interview, while helping improve reading and speaking skills. Class attendance begins the week following orientation.
Pre-Requisite: Must be at a High Beginning ESL level or higher.

REGISTRATION PROCESS: Attend an ESL orientation

STUDENT TESTIMONIALS

I enjoy coming to my ESL Class at Vista Adult School. My teachers are great and helpful with improving my English. My classmates are positive and sociable which makes class so enjoyable to attend.

Elena, ESL Level 3 Student

Rogelia Martinez Walker is a fantastic instructor. I truly enjoy coming to class to listen to her teachings and lectures. The instructor shares from a wealth of experience and clearly wants to with her students. I am so glad I took the chance and signed up for the business communication class here at Vista Adult School.

Carolyn L., Business Communication Student

This is a great program that empowers and educates students of all ages and backgrounds. It is a short cut to success with a wonderful instructor.

Joseph P., Medical Assistant Student



I am a current Medical Assistant student at Vista Adult School. I really appreciate how Mrs. Parr-Garcia is patient and clear in explaining procedures. She offers feedback and answers our questions. Her approach helps us build the clinical skills and confidence we will need in the field.

Leslie S., MA Student

INGLÉS COMO SEGUNDO IDIOMA:



El programa de ESL provee la oportunidad de aprender las destrezas de escuchar, hablar, leer, escribir y habilidades de pensamiento crítico en inglés. El programa ofrece niveles de ESL, cubre amplitud del nivel alfabetización básica al avanzado en el desarrollo de la lengua. **Todos los niveles están disponibles por la mañana y tarde. (Lunes a jueves de 9 am - 12 pm y de 6 - 9 pm).**

PROCESO DE MATRICULACIÓN:

- Asistir a una orientación.
- Llegue temprano el espacio es limitado.

ORIENTACIONES DE ESL	
Orientaciones por la mañana: 9 am 19 y 20 de agosto 7 y 8 de octubre	Orientaciones por la noche: 6 pm 17 y 18 de agosto 5 y 6 de octubre

CLASES DE CIUDADANIA

La escuela de Adultos de Vista también ofrece clases de Ciudadanía. Enfoque de preparación en los exámenes aprobados por USCIS, preparación para la entrevista oral de USCIS, y al mismo tiempo refuerza las habilidades orales de lectura en Inglés.
Pre-Requisito: Debe estar mínimo a nivel Comienzo Alto de ESL y asistir a una orientación de ESL.

CURSO DE PREPARACIÓN EN ESPAÑOL EDUCACIÓN GENERAL A NIVEL PREPARATORIA/GED/HISET:

El programa de Educación General a nivel preparatoria provee las destrezas necesarias en preparación de las diferentes materias generales equivalentes a nivel bachillerato/preparatoria y pasar la prueba de equivalencia. Además de su tiempo en clase, usted necesitara estudiar fuera de clase con el fin de maximizar su tiempo de preparación.
Requisitos: Ser mayores de edad (18 años o más), haber terminado la secundaria, asistir a una orientación de evaluación en lectura y comprensión para asesorar su candidatura de entrada al programa.

HORARIO DE CLASES:

lunes y miércoles	6 - 9 pm	Moreno	Salón 302
jueves	6 - 9 pm	Moreno	Salón 302

ORIENTACIONES:

miércoles, 19 de agosto	6 pm	Moreno	Salón 302
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GRATUITOS, APOYO AL ÉXITO ESTUDIANTIL:

Quiere usted ayudar a su hijo a tener éxito en la escuela? Asista a uno de los talleres GRATUITOS, Apoyo al Éxito Estudiantil ofrecido en la Escuela de Adultos de Vista. Estos talleres se presentarán en español y estan diseñados para ayudarlo a usted como padre aprender más sobre cómo ayudar a su hijo a tener éxito en la escuela. Los temas cubiertos incluirán la comprensión de las boletas de calificaciones y los informes de progreso, cómo comunicarse con la escuela y los maestros, cómo ayudar a su hijo con la tarea y mucho más. Esta es una gran oportunidad para aprender habilidades de crianza que los ayudarán a apoyar a su hijo para tener éxito en la escuela. Estos talleres estan abiertos para los estudiantes de la Escuela de Adultos de Vista y al público en general.
Fecha y horario por determinar.

Inteligencia Emocional

Este taller capacita a los participantes con estrategias prácticas para dominar la inteligencia emocional (EQ) y manejarse en las complejas dinámicas del lugar de trabajo. A través de marcos de trabajo prácticos, los asistentes dominarán el manejo del estrés y el reconocimiento de factores desencadenantes, al mismo tiempo que desarrollarán la empatía necesaria para desactivar conflictos laborales y comunicarse con un alto impacto.

042063	M	6 - 8 pm	10/19	Oxley	Room 502
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CLASE DE INFORMÁTICA BÁSICA EN ESPAÑOL

Aprenda conceptos básicos del ordenador en el entorno de Windows utilizando aplicaciones de Windows y Microsoft para principiantes. En este curso jueves, presentado en español, aprenderá vocabulario y cómo navegar por el ordenador, y practicará las habilidades. Algunos temas tratados incluyen Word, Excel, PowerPoint, Paint, Nota, fecha, hora, calculadora, correo electrónico, sitios web en el internet, y más.
A través de ejercicios guiados por la maestra, creará proyectos y los guardará en archivos, y los organizará en carpetas. Hablaremos sobre las funciones de la impresora que ahorran dinero y productos informáticos recomendados. La clase es divertida y le enseñará habilidades similares a las que puede usar para el trabajo y el uso personal.

060344	jueves	6 - 9 pm	8/27-11/12	Schulthess	Room 202
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CLASES DE CIUDADANIA

La Escuela para Adultos de Vista ofrecerá una clase GRATUITA de Preparación para la Ciudadanía en la Biblioteca de Vista a partir del 25 de agosto de 2026. La clase se llevará a cabo los martes de 12:30 p. m. a 3:30 p. m. en el salón B. La clase, impartida en español, ayudará a preparar a los estudiantes para aprobar todos los exámenes aprobados por USCIS y la entrevista oral de USCIS.

The Vista Library is located at: 700 Eucalyptus Ave, Vista, CA 92084

HIGH SCHOOL PROGRAM



HIGH SCHOOL PROGRAM:



Are you interested in obtaining your high school diploma, or passing a High School Equivalency Exam (ex. GED or HiSET)? Are you looking to improve your basic academic skills in order to advance in your career, find new employment or achieve personal growth? If so, Vista Adult School's High School Program will help you accomplish your goals. Classes are offered in the morning and evening; as well as through an online independent study option.

To enroll in the High School Program, students must be at least 18 years of age and attend a mandatory orientation. It is important to bring a copy of your most recent transcripts with you to orientation.

Day Orientations: 10 am **Night Orientations: 7 pm**
August 19 & 20 August 17 & 18
October 7 & 8 October 5 & 6



HIGH SCHOOL EQUIVALENCY EXAM:

Vista Adult School is a testing center for the California approved High School Equivalency (HSE) Exam - the GED. A HSE exam is for adults who do not have a high school diploma. Those who pass the exam will receive a California High School Equivalency Certificate. Anyone 18 years of age or older, or 17 under certain circumstances, is eligible to take a HSE exam. CA residency and acceptable ID is required to take the exam. Be sure the name you register for the exam with matches the name on your ID. In addition to being a testing center, Vista Adult School can help to prepare you to pass the GED and HiSET exams. To enroll, attend a High School Program orientation.

GED

We are a Pearson Vue authorized testing center and offer the GED exam via computer. To sign up for the GED you must first register through www.GED.com; all registration, scheduling and payments is done through the GED website. The GED exam consists of four parts: Reasoning Through Language Arts, Mathematical Reasoning, Science and Social Studies. More information can be found at the www.ged.com website.



Looking for a few good Community Ed Teachers

Do you have a special talent, skill, or advanced knowledge in a particular subject and would like to share it with others? Do you have the knack for teaching? We are growing our community education program and need people like you!

We are currently looking for interesting, entertaining, and enriching classes to share with our community! Almost any topic can be developed into a class proposal/course.

Here are some examples: ■ Handcrafted Jewelry ■ Conversational Spanish ■ Drawing ■ Exercise ■ Yoga

If you are interested in learning more, please email info@vistaadultschool.org



VISTA ADULT SCHOOL Sunset Campus

510 Sunset Drive, Vista CA 92081
(760) 758-7122 • FAX (760) 631-6380

If you have limitations with hearing or speaking, a specially-trained Communications Assistant (CA) can relay telephone conversations for all of your calls. Dial 711 to reach the California Relay Service (CRS).

Hours: Monday - Thursday, 8 am - 7 pm
Friday, 8 am - 4:30 pm

Adult School Staff

Elizabeth O'Shea-West, Principal
Garry Dillard, Assistant Principal

Student Support Team

LaDawn Aguero Lawrence Hunt
Jennifer Dufresne Sylvia Oxley
Julia Magallon

Support Staff

Marina Acosta Martha Millan
Ceci Colindres Sulema Sanchez
Michelle Fracasse David Trejo
Veronica Gianelli Erika Trujillo
Hortencia Goddard

Vista Unified School District - Board of Education

Martha Alvarado Sue Martin
Mike Markov Cipriano Vargas
Rena Marrocco

Dr. Matt Doyle, Superintendent

REGISTRATION INFORMATION

3 EASY WAYS TO REGISTER FOR CLASSES!
On Monday, August 10, 2026, 8 am most classes will be available for online registration at www.vistaadultschool.org

PHONE-IN	WALK-IN	ONLINE
Call: (760) 758-7122 Monday - Thursday, 8 am - 7 pm and Friday, 8 am - 4:30 pm to register using VISA or MasterCard. Please have your course number and credit card information ready.	Vista Adult School 510 Sunset Drive Vista CA 92081	www.vistaadultschool.org Click "Register Online" on the homepage. Follow the process to enroll in your classes. Use VISA or MasterCard card on our secure encrypted site.

- Check out our website at www.vistaadultschool.org for detailed information!
- Community Education Classes are independently supported only by student fees.
- **All classes provided by Vista Adult School include a \$20 non-refundable registration fee. Minimum enrollment is required for all classes.** Please sign up early to avoid cancellation of the class you want! Register now for the best seats ever!
- **Vista Adult School Program is accredited by the Western Association of Schools and Colleges.**
All teachers are certified in their teaching area by the California Commission for Teacher Credentialing.
The Vista Unified School District does not discriminate on the basis of sex, race, color, religious creed, national origin, ancestry, disability, medical condition or age.
If you have suggestions or concerns regarding VAS, please call (760) 758-7122.

DATES

Remember to mark your calendar with class dates, times, and locations. We do not send confirmations!

August 10, 2026 General Registration Opens
August 24, 2026 Fall Session Begins
September 7, 2026 Labor Day Holiday
November 11, 2026 Veterans Day Holiday
November 13, 2026 Last Day of Fall Session
November 16-27, 2026 No Classes
November 26, 2026 Thanksgiving Holiday
November 30, 2026 Winter Session Begins

GO TO WWW.VISTAADULTSCHOOL.ORG FOR CLASS INFORMATION, REGISTRATION, FORMS AND MORE!